



**KANSAS RAW**

# **RECORD**

## **CERTIFICATE**

**THIS CERTIFIES THAT  
TERRIN HOWARD**

**SUCCESSFULLY SET THE  
-105 KG SUB JUNIOR BENCH PRESS SINGLE LIFT  
RECORD OF  
150 KG**

**2023 OTTAWA IRON WARS  
10/07/2023**

*Robert Keller*

**ROBERT KELLER**  
PRESIDENT, POWERLIFTING AMERICA

*Bill Helmich*

**BILL HELMICH**  
VP, POWERLIFTING AMERICA

